

***“The Beginning That Changes Everything”***

***New Beginnings***

***Part 4***

*Regular reset is healthy*

*God designed me with the ability to change*

*Though an army besiege me, my heart will not fear;  
though war break out against me, even then I will be  
confident. “One thing I ask from the LORD, this only do  
I seek: that I may dwell in the house of the LORD all the  
days of my life, to gaze on the beauty of the LORD and  
to seek him in his temple.”*

*Psalm 27:3–4*



*We all experience battles of the mind*

*They arrived on the other side of the sea in the country of the Gerasenes. As Jesus got out of the boat, a madman from the cemetery came up to him. He lived there among the tombs and graves. No one could restrain him—he couldn't be chained, couldn't be tied down. He had been tied up many times with chains and ropes, but he broke the chains, snapped the ropes. No one was strong enough to tame him. Night and day he roamed through the graves and the hills, screaming out and slashing himself with sharp stones.*

***“When he saw Jesus a long way off, he ran and bowed in worship before him—then bellowed in protest, ‘What business do you have, Jesus, Son of the High God, messing with me? I swear to God, don’t give me a hard time!’ (Jesus had just commanded the tormenting evil spirit, ‘Out! Get out of the man!’)***

***“Jesus asked him, ‘Tell me your name.’***

***“He replied, ‘My name is Mob. I’m a rioting mob.’  
Then he desperately begged Jesus not to banish them  
from the country.***

*“A large herd of pigs was browsing and rooting on a nearby hill. The demons begged him, ‘Send us to the pigs so we can live in them.’ Jesus gave the order. But it was even worse for the pigs than for the man. Crazed, they stampeded over a cliff into the sea and drowned.*

*“Those tending the pigs, scared to death, bolted and told their story in town and country. Everyone wanted to see what had happened. They came up to Jesus and saw the madman sitting there wearing decent clothes and making sense, no longer a walking madhouse of a man.*

*“Those who had seen it told the others what had happened to the demon-possessed man and the pigs. At first they were in awe—and then they were upset, upset over the drowned pigs. They demanded that Jesus leave and not come back.*”



*“As Jesus was getting into the boat, the demon-delivered man begged to go along, but he wouldn’t let him. Jesus said, ‘Go home to your own people. Tell them your story’—what the Master did, how he had mercy on you.’ The man went back and began to preach in the Ten Towns area about what Jesus had done for him. He was the talk of the town.”*

*Message paraphrase Mark 5: 1–20*

*“When he [the madman] saw Jesus a long way off, he ran and bowed in worship before him.”*

*Verse 6*

*“Reset” Belief from faith-in-self to faith-  
in-Jesus*



*You can only think one thought at a time*

Choose the thought you want to think and think about  
that thought

*“For though we live in the world, we do not wage war as  
the world does. The weapons we fight with are not the  
weapons of the world. On the contrary, they have divine  
power to demolish strongholds. “We demolish arguments  
and every pretension that sets itself up against the  
knowledge of God, and we take captive every thought to  
make it obedient to Christ””*

**2 Corinthians 10:3-5**

Choose the thought you want to think and think about  
that thought

*“Finally, brothers and sisters, whatever is true,  
whatever is noble, whatever is right, whatever is pure,  
whatever is lovely, whatever is admirable—if anything  
is excellent or praiseworthy—think about such things”*

*Philippians 4:8*

*When your thoughts are slipping,  
think about what Jesus thinks of  
YOU*



***“I am loved”***





***“I am enough”***

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*”

*Romans 12:2*